



# The Aging Advocate

A Publication of the INCOG Area Agency on Aging



## WINTER 2012 ISSUE

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## Join Us for Senior Day at the Capitol Monday, February 27, 2012

The INCOG Area Agency on Aging is proud to once again co-sponsor Senior Day at the Capitol. This is a free event that gives seniors and others interested in senior issues the opportunity to meet with legislators and advocate for issues affecting older Oklahomans. At Senior Day you have the chance to speak to your state senators and representatives about your ideas, needs, and concerns relating to senior issues. This year's event will be held on Monday, February 27, 2012.

According to the U.S. Census, individuals who are 65 and older are for the first time the largest in terms of size and percent of the population in the United States compared to other age groups surveyed. This age group is growing at a faster rate than the rest of the total population.

Additionally, the number of centenarians, or those 100 years and older, is on the rise. For these reasons is it important to join us at the Capitol and help advocate for seniors in your community.

Free transportation is provided to Oklahoma City, departing from Tulsa at 6:30 a.m. Senior Day at the Capitol activities begin at 9:30 a.m. with a program in the House Chamber and continues with an opportunity to attend a Resource Fair where you can learn about various services available to older Oklahomans. A complimentary lunch will also be provided.

If you are interested in attending or need additional information, please contact Tammy Harvey, INCOG Information & Assistance Specialist, at 918.579.9486 or call the Senior Info-Line at 1.800.211.2116.



Supporting Senior Citizen Independence, Dignity, and Health  
in Creek, Osage, and Tulsa Counties

# Preventing Falls and Injuries

Research indicates that falls are the leading cause of fatal injury among adults 65 and older in the United States. The risk of falls increases steadily after 65 years; persons 85 and older have the highest injury rate.

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater.

The INCOG Area Agency on Aging is addressing this issue with the

implementation of class series; Tai Chi: Moving for Better Balance is an 8-form version of Tai Chi that Oregon Research Institute studies have found can substantially

decrease the risk of falls in older adults. Through simple, graceful movements that are easy to learn, Tai Chi builds physical stamina, improves memory, self-confidence, and patience. This class will help participants to improve balance and physical well-being to reduce the frequency of falls. No experience is necessary to participate in the classes which are suitable for all ages and abilities.

**2/3**  
of those who fall  
will fall again  
within  
6 months.

# TAI CHI

## Moving for Better Balance

**Mondays and  
Wednesdays  
January 9 through  
April 2, 2012  
10:00 am - 11:00 am  
Central Center in  
Centennial Park  
(6th Street & Peoria Ave.)**

Free and open to the public!  
*Class space is limited and  
will be on a first-come basis.*

Contact Central Center for  
more information at  
918.596.1444



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INCOG Area Agency on Aging





# Make Caring Your New Year's Resolution

The holidays are over and the new year is upon us! It's time to turn our thoughts to making and keeping commitments. It is an excellent time to re-affirm our commitment to residents in long-term care facilities or make a 2012 resolution to them.

Very often, residents who experience an uptick in visitors during the holidays, feel emptiness afterwards when the special visitation stops.

For the rest of the year, an estimated sixty percent of residents in long-term care have no visitors.

One way to ensure that residents are visited regularly is to become an Ombudsman volunteer. A volunteer will spend two hours per week in a designated facility, and will have an opportunity to get to know the residents well. In addition to being the listening ear, volunteers assist residents by helping resolve problems that they may be encountering at the facility. This assures that the residents maintain a high quality of life.

Training for Ombudsman volunteers will be conducted on Tuesday, February 7, 2012, and on Tuesday, February 21, 2012 at Greenwood Cultural Center, Tulsa. Both sessions will be held from 9:30 am until 4:00pm. For more information and to enroll, contact the INCOG Area Agency on Aging Ombudsman Supervisors listed on the front page of this newsletter.

## Partnership Formed to Aid Senior Health

Oklahoma Healthy Aging Initiative (OHAI) announced a partnership with the INCOG Area Agency on Aging during a reception held in mid-December. OHAI, funded by the Donald W. Reynolds Foundation, seeks to improve the health of seniors, allowing for a better quality of life.

IAAA will be facilitating a portion of the OHAI health education component. By educating providers and consumers, OHAI will improve healthcare systems delivered to seniors and help older adults to better manage their health.

During the OHAI reception, Clark Miller, IAAA Director, spoke to the crowd and expressed the IAAA commitment to the success of this innovative initiative.



## Let Us Take You to the Grocery Store

Open to ALL  
**Fairfax, OK Residents**  
Seniors (60+) Ride FREE persons under 60 years of age, fees apply.  
**Every Thursday at Noon**

### Routes:

Fairfax to Pawnee and  
Fairfax to Ponca City

To schedule a ride, call  
**1-800-789-7314**  
for destination and availability.

**Cimarron  
Public Transit**



## **Tammy Harvey Joins INCOG Area Agency on Aging Staff**

Tammy Harvey joined the staff of the INCOG Area Agency on Aging in November 2011. She will be serving as the Information and Assistance Specialist replacing Barbara McDonald who retired earlier in the year.

Tammy has spent her career in Tulsa and the surrounding area in the health care field. She began her health care career doing physician and facility contracting and service for PacifiCare of Oklahoma and BlueCross BlueShield of Oklahoma. For the past ten years she has worked in hospice as a Community Relations Liaison and a Volunteer Manager.

She has a passion for helping others and serving seniors in the community who are in need of assistance. Tammy has a Bachelor of Arts in Journalism and Mass Communication and a Masters in Public Health from the University of Oklahoma. You can reach Tammy at 918.579.9486 or at the Senior Info Line at 1.800.211.2116.